4: Lewis N-5 (ca. 1906-1918) 1919
AX5 Vedda AX5

753 not be drunk. Again, in case of fever a decoction would be
757 given of a number of vegetable productions that were *believed* to be cooling. I may here mention that when questioned as to the exact effect any one of these ingredients would specifically bring about, I could get no clear answer. I found that
[278] both *Cassia auriculata* and *Evolvulus alsinoides* were regarded as most beneficial in fever, but I failed to find an answer as to their direct action. Equally *Munronia pumila* would be considered as a most valuable medicine for fits, as well as fevers.

[755] Charms and incantations appear to be more important than medicines with the people.

I found that castor oil was appreciated and its action understood, but it is curious to note that it is supposed to be effective by outward application, as well as inward. Generally speaking, I found that the local knowledge of our plants was very wide, and it would be difficult to find a plant of any use that the people could not correctly name.

137 In some cases where a plant was rare, I found that no name
224 could be given to it; as, for instance, I obtained a few examples of *Centranthera procumbens*, but the people had no acquaintance with its name whatever. Nor did I find names invented in order to afford answers to my questions: it was a case of giving the right answer, or expressing ignorance.

● 273 I might mention incidentally, that though our familiar Kitul (*Caryota urens*) is well known, I found the people equally unacquainted with toddy or jaggery, except as *purchaseable* commodities, just as much as kerosine oil is. This ignorance of a source of alcohol may have much to do
674 with the striking absence of crime in the country I refer to, and I mention it in passing, as worthy of consideration. On the other hand, I would again point out that owing to the rigidity of certain customs there is not the same scope for jealousy over women that plays such an important factor in crimes of violence in other parts of this Island. Again, it
361 should not be lost sight of that in the Vedda country small
674 groups of people congregate round centres where water, however limited in quantity and impure in quality, is to be found, and are therefore much more mutually dependent